



Conforms to BS 5386
Parts 3 and 4

PROSPECT

SHEERLINE

YOU AND YOUR NEW COOKER – A GREAT TEAM

You'd be amazed how many good cooks use gas – research has shown that it's the preferred fuel for cooking by both professionals and home cooks.

If you've never cooked with gas before, you'll be pleasantly surprised by the speed and economy and how easy it is to use.

You'll also find that food actually tastes better, because gas is a moist heat which means whatever you're cooking in the oven has less chance to dry out.

Now your new cookers here, you probably can't wait to get cooking, but before you do, take time out to read through this booklet which is designed to help you make the most of all the features of your new cooker.

This booklet has been written with your safety in mind. You must read it thoroughly before attempting to use or clean the cooker.
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IMPORTANT NOTES

IT IS MOST IMPORTANT THAT THIS INSTRUCTION BOOK SHOULD BE RETAINED WITH THE APPLIANCE FOR FUTURE REFERENCE. SHOULD THE APPLIANCE BE SOLD OR TRANSFERRED TO ANOTHER OWNER, OR SHOULD YOU MOVE HOUSE AND LEAVE THE APPLIANCE, ALWAYS ENSURE THAT THE BOOK IS SUPPLIED WITH THE APPLIANCE IN ORDER THAT THE NEW OWNER CAN BE ACQUAINTED WITH THE FUNCTIONING OF THE APPLIANCE AND THE RELEVANT WARNINGS. THESE WARNINGS ARE PROVIDED IN THE INTEREST OF SAFETY. YOU MUST READ THEM CAREFULLY BEFORE INSTALLING OR USING THE APPLIANCE.

This appliance is designed to be operated by adults. Children should not be allowed to tamper with the controls or play with the product.

Any installation work must be undertaken by a competent qualified installer in accordance with the Gas Safety (Installation and Use) Regulations 1984 and the relevant codes of practice. In the U.K. C.O.R.G.I. registered installers (including regions of British Gas) undertake the work to safe and satisfactory standards.

Any electrical work required to install this appliance should be carried out by a qualified or competent person.

It is dangerous to alter the specifications or modify the product in any way.

Under no circumstances should any maintenance work be carried out by any other than a qualified person.

Service and spares are always provided by your supplier and not direct from our factory, failure to use manufacturers original spares could negate normal B.S.I. approval of the product. Please determine the nature of any fault when reporting it to your supplier. Always refer to your appliance by its name.

Unstable or misshapen pans should not be used on the pan supports as unstable pans can cause an accident by tipping or spillage.

Ovens, hobs and grills become very hot with use, and retain their heat for a long period of time after use. Children should be supervised at all times and should not be allowed to touch the hot surfaces or be in the vicinity when in use or until the appliance has cooled after use.

The lid is designed as a dust cover when closed, and as a splash-back when open. Do not use for any other purpose.

It is necessary to remove any spillage from the surface of the lid, before opening.

This instruction booklet applies to both natural gas and L.P.G. appliances. It is important that the appliance is suitable for your gas supply as they are not convertible. The electricity supply required is 240V 50Hz.

Always ensure that the control knobs are in the 'off' position when not in use.

All gas appliances require adequate ventilation. Failure to provide this could result in a lack of oxygen. Your installer will advise if in doubt.

For hygiene and safety reasons, this appliance should be kept clean at all times. A build-up of fats or other foodstuffs could result in a fire.

This product has been designed for cooking edible foodstuffs only, and must not be used for any other purpose.

Always ensure that the vent, which is located along the back of the hotplate, is left unobstructed to ensure ventilation of the oven and grill cavities.

A gas oven relies on the movement of air for heating. Under no circumstances must the gap between the bottom front trim and the floor be obstructed. Never line any part of the appliance with aluminium foil.

The gas must always be ignited immediately as it enters the oven. Failure to do this could cause an explosion.

This appliance is heavy and care must be taken when moving it.

Before carrying out any extensive cleaning or maintenance allow the appliance to cool and unplug it.

Open the grill compartment door before using the grill.

Ensure that shelves are put in place in the correct way (See instructions).

Under no circumstances should gas hotplates and grills be left unattended when in use.

Special oven liners must only be cleaned as recommended in this booklet.

When operating any of the hotplate burners, the grill or oven, make sure that the gas is fully ignited.

If your appliance fails to operate correctly, according to the instructions given in this book, arrange for it to be serviced by a competent engineer. Under no circumstances should you attempt to repair the appliance yourself. Repairs carried out by unauthorised or inexperienced persons may cause injury or more serious malfunctioning.

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GENERAL INFORMATION

DECOR PANEL

If one or both sides of the cooker are not adjacent to base units a decor panel is available from your supplier. This will fill in the space at the rear of the appliance. When ordering ask for Part Number D1260AO (white cooker) and D1260BO (brown cooker).

DIMENSIONS

Overall height : 900mm (35 ½")

Overall width : 505mm (20")

Overall depth : 623mm (24")

LOCATION

The Prospect Sheerline may be located in a kitchen, a kitchen/diner or a bed-sitting room but not in a room containing a bath or shower.

The cooker should not be installed in a room of volume less than 6m³ (200 ft³) or a bed-sitting room of volume less than 21m³ (750 ft³).

POSITION

The stops fitted to this appliance are used to maintain a space of approximately 12mm (½") at the rear. When replacing after cleaning push the appliance back to its stop and ensure that the same distance is maintained at each rear edge.

Shelves and wall cabinets must not be fitted closer than 787mm (31") to the top of the hotplate. Wall cabinets fitted in line with base units which are adjacent to the cooker must be at least 400mm (15 ¾") above the base units. The appliance may be flush fitted to adjacent cupboard units below hotplate level but a 2mm gap at either side may be desirable to enable the appliance to be moved for cleaning.

If either side of the cooker is next to a wall, tall cupboard or base unit which is taller than 906.5mm (35.7"), a 114mm (4 ½") space must be left between the cooker and the wall, tall cupboard or base unit to prevent heat damage. For base units only the space can be reduced if a height adjustment kit is fitted. This kit raises the height of the cooker and is available from your supplier. When ordering quote part number E0764AO.

WIRING A PLUG

WARNING – THIS APPLIANCE MUST BE EARTHED and protected by a 3 amp fuse.

Fit a 3 pin 13 amp socket plug to cable.

USE 3 AMP FUSE.

IMPORTANT : The wires in the mains lead are coloured in accordance with the following code:

GREEN & YELLOW – EARTH

BLUE – NEUTRAL

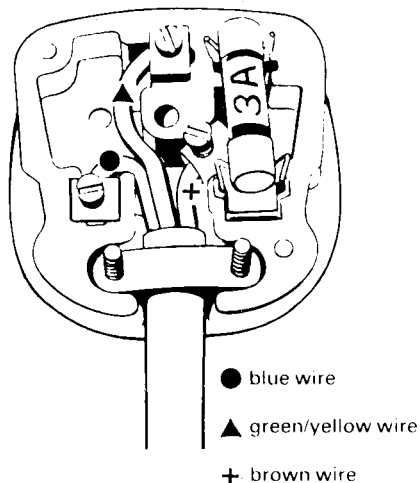
BROWN – LIVE

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows.

The wire which is coloured **GREEN & YELLOW** must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol $\perp$ or coloured green (Earth terminal).

The wire which is coloured **BLUE** must be connected to the terminal which is marked with the letter N or coloured black (Neutral terminal).

The wire which is coloured **BROWN** must be connected to the terminal which is marked with the letter L or coloured red (Live terminal).



Should the ignition system fail to work there may be a fault with the electrical supply. First, check the socket by trying out another electrical appliance in it, if that works correctly renew the fuse in the plug of the appliance.

Repetitive failure of the fuse indicates that there is a fault on the appliance which must be rectified.

Isolate from the electrical supply and inform the installer of the fault on the appliance.

REPLACING THE OVEN LIGHT BULB

The type of bulb required is a 15 watt Small Edison Screw, with a temperature rating of T300.

- 1 Disconnect from the electricity supply.
- 2 Open the oven door, remove the oven shelves.
- 3 Unscrew the bulb cover in an anti-clockwise direction.
- 4 Unscrew the bulb in an anti-clockwise direction.
- 5 Fit the new bulb by screwing in a clockwise direction.
- 6 Replace the glass and seal by screwing in a clockwise direction.
- 7 Replace the oven shelves.

MOBILITY

The Prospect Sheerline is fitted with wheels at the rear, and as it is installed on a flexible connection, it may be moved for cleaning.

Open the grill door fully, raise the appliance off its front feet by lifting at both ends of the fascia panel and pull forward on the rear wheels. **CARE MUST BE TAKEN WHEN MOVING THE COOKER ESPECIALLY IF IT IS POSITIONED ON A SOFT FLOOR COVERING.**

A STABILITY BRACKET SHOULD BE FITTED TO ENGAGE IN THE BACK OF THE APPLIANCE WHEN IT IS STANDING IN ITS NORMAL WORKING POSITION. IT IS IMPORTANT, THAT WHENEVER THE APPLIANCE IS MOVED IT SHOULD BE RE-POSITIONED CORRECTLY TO ENGAGE THE BRACKET.

IGNITION

Ignition of the Prospect Sheerline is by an electric spark system. To light the grill or any of the hotplate burners; push in and turn the appropriate control knob in an anti-clockwise direction to the large flame symbol (▲), press the ignition button (★) on the fascia panel until the burner lights. To light the oven, push in and turn on the oven control to gas mark 9, press the ignition button (★), the oven will light, then turn the oven control back to gas mark required. To turn off, turn the control knob in a clockwise direct to (●).
off

When the ignition button is pressed in, sparking will occur at all the burners.

In the event of an electric power failure all burners may be lit with a match.

SAFETY FEATURE

A safety feature of the appliance is that gas cannot flow to the hotplate burners when the lid is closed. When first lighting a burner after lifting the lid, the ignition button will be a little more difficult to press. Turn on the desired control and fully depress the ignition button as far as it will go. This then releases the safety valve allowing gas to the hotplate.

When lighting another hotplate burner, the grill or the oven, the ignition button need only be depressed until sparking is heard.

When the hotplate lid is closed do not attempt to fully depress the ignition button – it is only necessary to press until sparking is heard.

PLATE WARMING

Plates and serving dishes should be warmed in the grill compartment when the oven is in use. Or in the oven, which should be set to 'S', when the grill and hotplate are in use.

PLATES MUST NOT BE PLACED UNDER THE GRILL WHEN IT IS 'ON'.

THE HOTPLATE

THE BURNERS CAN ONLY BE USED WITH THE LID IN THE OPEN POSITION. SHOULD THE LID BE CLOSED WHILST ANY OF THE BURNERS ARE ALIGHT, THE GAS SUPPLY WILL AUTOMATICALLY CUT OFF.

THE GLASS LID SHOULD NEVER BE USED AS A WORK SURFACE OR FOR CHOPPING FOOD.

The size and thickness of saucepans vary and the type and quantity of food can affect a particular cooking rate. It is not possible to give an exact guide to the settings to use, but all burners are easily adjusted to any rate of cooking between the small and large flames. A very low simmer may be achieved by turning the knob slowly in a clockwise direction beyond the small flame.

When the hotplate burners are in use a slight popping may occur, this does not affect the performance.

For convenience the hotplate has three sizes of burners:
one large – front right; one medium – back left; two smaller – back right and front left – ideal for simmering.

DO NOT USE ANY TYPE OF COMMERCIAL SIMMERING AID ON THIS HOTPLATE.

TO AVOID ACCIDENTS, WHICH CAN OCCUR IF PANS TIP, WE RECOMMEND THAT PANS WHICH ARE BADLY DESIGNED OR MISSHAPEN ARE NOT USED ON THIS HOTPLATE.

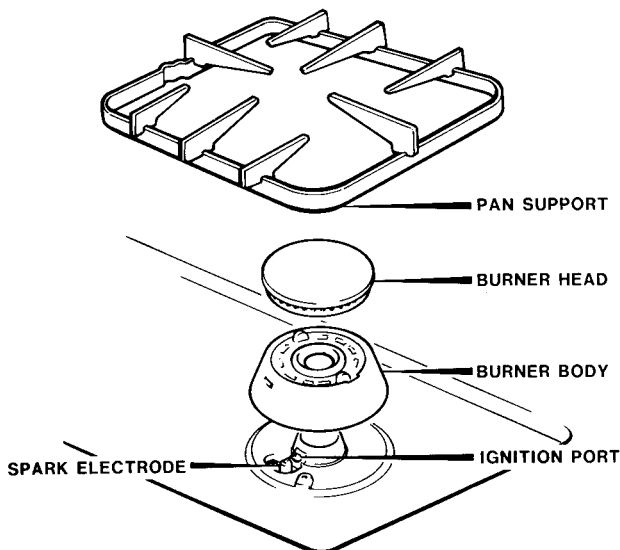
THE MINIMUM SIZE OF PAN WHICH SHOULD BE USED IS 100mm (4") DIAMETER.

THE MAXIMUM SIZE OF PAN TO BE USED IS 250mm (10").

The pan supports, burner heads and bodies can be removed individually. If spillage occurs during cooking, the pan can be placed on another burner to continue cooking, whilst these parts are removed and cleaned.

Replace the burner head, body and pan support in the hotplate top correctly in that order.

It is important to take care when cleaning to ensure that the electrode and ignition port do not become blocked.



THE GRILL

IMPORTANT: BEFORE ATTEMPTING IGNITION OF THE GRILL, OPEN THE GRILL COMPARTMENT DOOR AND LEAVE IT OPEN DURING GRILLING.

The grill pan grid is large enough to toast four slices of bread from a large loaf.

Place the slices close together, centrally in the middle of the grid. This will give quick and even browning.

The grid is reversible to provide two cooking positions. Larger items, such as cauliflower cheese, may be placed in the grill pan on the base of the grill compartment, taking care that the pan handle does not become hot because it has been pushed too far back.

At the commencement of grilling or toasting, the burner should be on full to give even browning.

It is unnecessary to pre-heat the grill, except when cooking meat and then 2-3 minutes is sufficient.

For fast grilling turn the grill to the large flame symbol (🔥 full on), and position the grid in the high position. The lowest setting is indicated by the small flame (🔥) on the control knob.

When not in use the grill pan should be stored on the base and towards the rear of the grill compartment.

NEVER PLACE COMBUSTIBLE MATERIALS NEAR THE GRILL.

WHEN CLEANING THE GRILL NEVER USE CAUSTIC OR SPRAY CLEANERS.

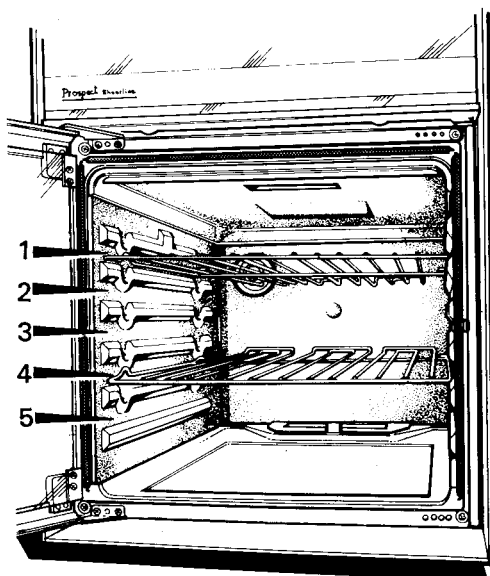
THE OVEN

Before cooking in the oven for the first time wipe out the interior with a cloth which has been wrung out in warm water and dry the oven thoroughly on gas mark 5 for 30 minutes. This ensures that any dust is removed.

The oven is large enough to cook a family dinner or a large turkey which should be placed in a suitably sized roasting tin.

There are five oven shelf positions. Directions for using the various shelf positions are given on the oven cooking chart on pages 17 and 18. Count the shelf positions from the top of the oven. There are 'stops' on the oven shelves which prevent the shelf being inadvertently pulled out.

To remove the oven shelf, open the door fully and pull the shelf forward as far as it will go, raise the front edge and lift out. Replace in reverse order.



At any setting, the oven is hottest at the top and becomes gradually cooler towards the bottom. Make use of these heat zones when cooking meals.

It is unnecessary to pre-heat the oven unless cooking sensitive dishes such as souffles, Yorkshire puddings and yeast mixtures. Should you wish to pre-heat the oven, 20 minutes is adequate.

Leave a 13mm (½ ") space between dishes and the sides of the oven.

Do not push the dishes too far back, especially those with tapered sides, otherwise the food might burn because it overhangs the burner flames.

For even browning, especially cakes and pastries, do not use a baking tray which is larger than the one supplied with this cooker.

For all single dishes, cake tins, etc. keep as near as possible to the centre of the shelf for even browning.

COOKING FOIL SHOULD BE USED ONLY TO COVER FOOD AND NEVER TO COVER THE OVEN SURFACE OR TO BLOCK THE FLUE OUTLETS.

SPECIAL OVEN LININGS

The finish of the linings is porous, it soaks up and spreads fat splashes. These stains are oxidised by the air, helped by the heat during cooking and disappear. The process is a gradual one as the oven is used.

IT IS IMPORTANT TO KEEP THE CLEANING ACTION EFFECTIVE BY FOLLOWING THESE RULES:

1. Minimise Spillage

- a. Do not overfill dishes.
- b. Stand pies, etc. on a baking tray.
- c. Place dishes centrally on the shelf.
- d. Do not place food so high in the oven that it could stick to the roof.

2. Minimise Splashing

- a. Use a roasting tin which is just large enough for the meat or meat plus potatoes.
- b. Dry off excess water from vegetables that are to be roasted.
- c. Use a covered roaster or foil which may be removed for the last half hour or so to brown and crisp the meat.

3. Cleaning

If the oven is used as we suggest there will be very little need to do any cleaning other than heating the oven regularly at gas mark 7 to help accelerate the cleaning process. The frequency of these high temperature cleaning periods will depend on the type of cooking carried out. If you bake and casserole the most, and do little roasting, the high temperature cleaning need only be done every 2-3 weeks. If continual roasting is done and very little other baking, it is recommended that the oven is heated at a high temperature once a week.

To achieve the best results set the oven to mark 5 for at least 30 minutes. Then turn up to mark 7 for 2 hours or until the oven is presentably clean. Remove the shelves before carrying out the heat cleaning period.

DO NOT ATTEMPT TO IMMERSE LININGS IN WATER AS THIS WILL DAMAGE THE FINISH.
ON NO ACCOUNT USE ANY OF THE FOLLOWING WHICH WILL RUIN THE SPECIAL OVEN LININGS:

Scouring powders or pastes
Abrasive pads or cloths of any kind
Steel wool, with or without soap
Spray cleaners
Brush-on oven cleaners

Caustic oven cleaners
Metal pan scourers
Bleaches
Metal scrapers
Knives

If the recommendations are not followed and the surface becomes marked, a new set of linings can be purchased. Contact your supplier for details.

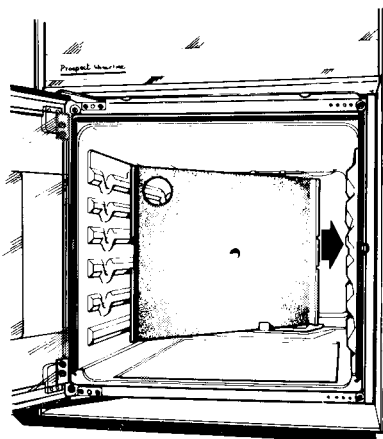
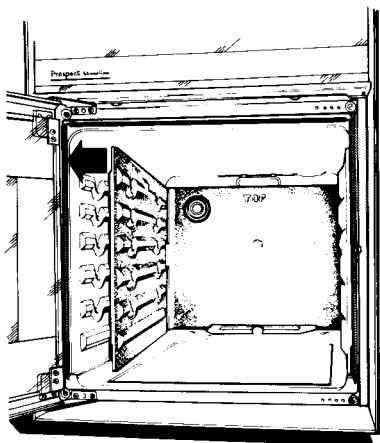
Removing Linings

- 1 Before the linings can be removed the door must be FULLY open. If this is not possible due to restrictions, e.g. walls or cupboard units, the cooker should be moved to a position which allows the door to be opened fully.
- 2 Remove the oven shelves and inner glass door (pages 6 and 19).
- 3 Slide out the oven roof.
- 4 Lift out the side panels.
- 5 To remove the back panel, rotate right hand or left hand edge outwards and pull out.

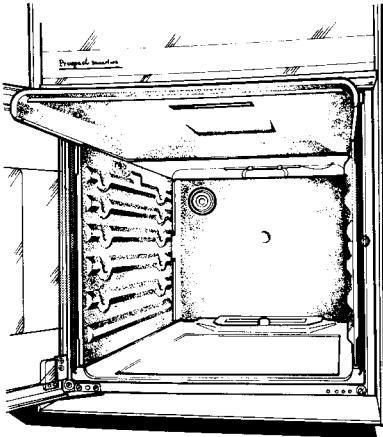
Replacing Linings

Refer to the following diagrams to ensure correct positioning.

1. Replace the back panel, sliding it back into position behind the oven burner, ensuring that the oven light cut-out is positioned over the oven light.



2. Replace the side panels by sliding them behind the flaps on the back panel.



3. Slide the oven roof back into position along the channels at the top of the side panels. Always ensure that the word FRONT and the slot in the oven roof liner are positioned towards the front of the appliance.

The inner glass door must be replaced before cooking.

'SLOWSET' OVEN CONTROL

'Slowset' is indicated by an 'S' on the oven control. Foods are cooked very slowly at low temperatures.

There are two methods of using the oven for 'Slowset' cooking:

- (A) Turn the oven control to gas mark 9, press the ignition button and the oven will light then turn the oven control to gas mark 6 and cook for 30 minutes. After this time turn the oven control to 'S'.
- (B) Turn the oven control to gas mark 9, press the ignition button and the oven will light then turn the oven control to 'S'.

To determine which method to use, refer to the instructions on page 10.

If cooking dishes together which require both method A and B, those requiring method B can be put into the oven after the first 30 minutes of the cooking time has elapsed.

'SLOWSET' FOOD PREPARATION HINTS

Practically all foods cook extremely well but there are two important points to remember:

- (1) It is advisable to cover most dishes either with a lid or foil to keep food moist and prevent transfer of odours.
- (2) Those foods normally served golden brown can be left uncovered or can have the lid removed for the last half an hour of the cooking time.

Many foods normally cooked on the hotplate may be cooked in the oven instead.

Joints of Meat and Poultry

- (1) Do not cook meat joints over 2.7 kg (6 lb.).
- (2) Do not cook poultry over 2 kg (4 lb. 8 oz.).
- (3) Cook using method 'A'.
- (4) Cook towards the top of the oven i.e. no lower than shelf 3.
- (5) Never stuff before cooking.
- (6) Cook for a minimum of 6 hours.
- (7) Joints of Pork must only be cooked if you can ensure, by using a meat thermometer, that it has reached an internal temperature of at least 88°C.
- (8) For good air circulation always stand joints on a rack in the roasting tin or casserole.
- (9) Frozen meat and poultry must always be thawed before cooking.

Soups, Casseroles and Stews

- (1) All foods must be thawed before cooking.
- (2) Bring to the boil on the hotplate then cook using method 'B'; or use method 'A'.
- (3) Seasonings and thickenings should be adjusted at the end of the cooking time.
- (4) Foods which require less cooking can be added towards the end of the cooking time.

Vegetables

- (1) Cut root vegetables into small pieces unless cooking whole e.g. baked potatoes.
- (2) Frozen vegetables should be thawed before cooking.
- (3) All dried beans MUST be brought to the boil on the hotplate and cooked for 15 minutes.
- (4) Cook using method 'A'.

Steamed Sponge Puddings

- (1) Cover the pudding with a circle of greased, greaseproof paper then with foil. Stand the prepared pudding in a pyrex basin containing enough water to come half way up the sides of the pudding. Wrap the basin and the pudding in foil, sealing the edges well so that no steam can escape.
- (2) Cook using method 'B'.

Milk Puddings

Just cover the cereal with boiling water, allow to stand for 30 minutes. Drain, make the pudding in the normal way, cook uncovered using method 'A'.

Meringues

- (1) Cook towards the bottom of the oven i.e. shelf 5 or the base.
- (2) Cook using method 'B'.

Fruit

- (1) All fruit dishes should be cooked on shelf position 5 or on the base of the oven.
- (2) Cook using method 'B'.

SERVING AND STORAGE

It is economical to cook larger quantities of food than you require, and to store it in a freezer. There are some important points to note if you do this:

- (1) Food which is not served straight away should be transferred to a clean container and cooled as quickly as possible.
- (2) Frozen food must be thawed before re-heating.
- (3) Re-heat food thoroughly and quickly. Either cook at gas mark 6 or on the hotplate.
- (4) Food must only be re-heated once.

RECIPES USING THE 'SLOWSET' OVEN CONTROL

PLEASE NOTE

It is important when using these recipes to weigh or measure all ingredients in either metric or imperial quantities. Do not mix the systems as exact conversions are not practical. Both systems will give equally satisfactory results.

Menu 1

Tomato Soup

Beef Rolls – Anna Potatoes – Ratatouille

Meringue Apples

Cook using method A for 7 hours

Tomato Soup

1 small onion – finely chopped
2 stalks celery with leaves – finely chopped
500 ml (1 pint) tomato juice
1 bay leaf.
15 ml (1 level tablespoon) dried parsley
10 ml (2 level teaspoons) granulated sugar
15 ml (1 level tablespoon) lemon juice

- (1) Put all ingredients into a casserole.
- (2) Cover with a lid or foil.
- (3) Cook on shelf 2.
- (4) Sieve before serving.

Beef Rolls

450 g (1 lb.) braising steak
50 g (2 oz) thyme and parsley stuffing mix
30 ml (2 tablespoons) lemon juice
1 medium onion, chopped
30 ml (2 tablespoons) cooking oil
25 g (1 oz) plain flour
375 ml ($\frac{3}{4}$ pint) beef stock
salt and pepper

- (1) Cut meat into strips $7\frac{1}{2}$ cm (3") wide. Hit the meat with a steak mallet to reduce its thickness.
- (2) Mix the stuffing with the lemon juice and divide it equally between the meat.
- (3) Roll up each piece of meat and secure with a wooden cocktail stick.
- (4) Fry the meat in the oil until brown and transfer to a casserole dish.
- (5) Fry the onion till tender. Add the flour, cook for about two minutes or until the flour turns light brown.
- (6) Gradually blend in the stock bring to the boil, stirring continuously.
- (7) Season to taste and pour over the meat.
- (8) Cover with a lid or foil.
- (9) Cook on shelf 4.

Anna Potatoes

3 large potatoes
salt and pepper
50 g (2 oz) melted butter

- (1) Peel the potatoes, slice thinly and layer in a dish.
- (2) Season and pour the butter over.
- (3) Cover with a lid or foil.
- (4) Cook on shelf 4.

Ratatouille

1 green pepper
1 aubergine
1 onion
5 tomatoes
30 ml (2 tablespoons) cooking oil

- (1) Wash the pepper and aubergine.
- (2) Slice pepper into thin strips, discarding seeds.
- (3) Slice the aubergine, sprinkle with salt to extract the bitter juices.
- (4) Peel and slice the onion into rings.
- (5) Skin and chop the tomatoes.
- (6) Wash and dry the aubergine slices.
- (7) Layer all vegetables in a casserole, pour the oil over and cover with a lid or foil.
- (8) Cook on shelf 2.

Meringue Apples

4 dessert apples – preferably Cox's
30 ml (2 tablespoons) sugar dissolved in 250 ml ($\frac{1}{2}$ pint) water
4–5 drops vanilla essence
10 ml (2 teaspoons) mincemeat
For meringue
2 egg whites
100 g (4 oz) caster sugar

- (1) Bring the sugar syrup to the boil and simmer for 10 minutes with the vanilla essence.
- (2) Peel and core the apples and poach them gently in the syrup. It is important to ensure that the apples do not become so soft that they will break up.
- (3) Remove the apples from the pan and place on a flat dish.
- (4) Put 2.5 ml ($\frac{1}{2}$ teaspoon) of mincemeat into each apple cavity.
- (5) Whisk the egg whites until they are stiff, whisk in 10 ml (2 teaspoons) of the sugar, then fold in the remaining sugar.
- (6) Completely enclose the apples in meringue by piping using a vegetable rose nozzle.
- (7) Put the apples onto the base of the oven AFTER the first 30 minutes of the cooking time has elapsed.

Menu 2

Stuffed Peppers

Beef in Red Wine – Garlic Potatoes

Lemon Almond Pudding

Cook using method A for 7 hours

Stuffed Peppers

4 green peppers
125 g (5 oz) bacon
1 medium onion
100 g (4 oz) fresh white bread crumbs
25 g (1 oz) butter
15 ml (1 tablespoon) mixed herbs
salt and pepper

- (1) Wash the peppers, slice off the end where the stalk is and discard the seeds.
- (2) Fry the bacon and onion in the butter and add the remaining ingredients.
- (3) Pack the stuffing into the peppers and replace the tops.
- (4) Place in a covered casserole dish.
- (5) Put the peppers onto shelf 5 AFTER the first 30 minutes of the cooking time has elapsed.

Beef in Red Wine

450 g (1 lb) stewing beef – cut into cubes
85 g (3 oz) streaky bacon – chopped
2 onions –chopped
50 g (2 oz) butter
50 g (2 oz) mushrooms – washed and sliced
1 clove garlic – crushed
500 ml (1 pint) beef stock
250 ml ($\frac{1}{2}$ pint) red wine
50 g (2 oz) flour
15 ml (1 tablespoon) tomato puree
1 bayleaf
salt and pepper

- (1) Fry the onions, bacon and garlic in the butter.
- (2) Add the meat and cook until lightly browned.
- (3) Stir in the flour, add the stock and bring to the boil stirring continuously.
- (4) Add the remaining ingredients.
- (5) Transfer to a covered casserole dish.
- (6) Cook on shelf 2.

Garlic Potatoes

3 large potatoes
25 g (1 oz) butter
2 cloves of garlic – crushed
125-250 ml ($\frac{1}{2}$ -1 pint) milk – depending on the size of the potatoes.
salt and pepper
50 g (2 oz) cheese – grated

- (1) Peel and thinly slice the potatoes.
- (2) Put the potatoes and milk into a saucepan, bring to the boil and simmer for about 4 minutes. It is important that the potatoes are beginning to go soft but are not allowed to break up.
- (3) Mash the butter, garlic, salt and pepper together. Use about $\frac{1}{2}$ of this to grease a 500 ml (1 pint) dish.
- (4) Layer the potatoes and the remaining butter in the dish, pour over the milk in which the potatoes were cooked and cover the dish with foil.
- (5) Cook the potatoes on the base of the oven.
- (6) When the potatoes are cooked, remove the foil, sprinkle the cheese on the top of the potatoes and grill for a short time until the cheese starts to go brown.

Lemon Almond Pudding

1.5 ml litre (3 pints) buttered dish
382 g ($13\frac{1}{2}$ oz) lemon pie filling
50 g (2 oz) fresh white breadcrumbs
75 g (3 oz) butter
75 g (3 oz) caster sugar
2 small eggs
75 g (3 oz) self raising flour
25 g (1 oz) flaked almonds

- (1) Mix the pie filling with the breadcrumbs and spread in the bottom of the dish.
- (2) Cream the butter and sugar until light and fluffy.
- (3) Beat in the eggs.
- (4) Fold in the flour and almonds.
- (5) Spread the cake mixture over the pie filling.
- (6) Put the pudding onto shelf 5 AFTER the first 30 minutes of the cooking time has elapsed.

Menu 3

Chicken Curry – Rice.

Chocolate Pudding

Cook using method A for 6 hours

Chicken Curry

- 4 chicken joints
 - 1 large onion – chopped
 - 2 cloves garlic – crushed
 - 45 ml (3 tablespoons) cooking oil
 - 15 ml (1 tablespoon) curry powder
 - 5 ml (1 teaspoon) chilli powder
 - 2.5 ml ($\frac{1}{2}$ teaspoon) ginger
 - 1 cooking apple – peeled, cored and sliced
 - 25 g (1 oz) plain flour
 - 375 ml ($\frac{3}{4}$ pint) chicken stock
 - 15 ml (1 tablespoon) mango chutney
 - salt and pepper
 - 2 bay leaves
 - 6 peppercorns
 - 4 cloves
- } tied together in a small piece of muslin

- (1) Place the chicken joints in a casserole.
- (2) Fry the onion and garlic in the oil until the onion softens.
- (3) Add the curry powder and fry for two minutes.
- (4) Add the chilli powder, ginger and apple.
- (5) Stir in the flour and cook for 1 minute.
- (6) Gradually blend in the stock and bring to the boil stirring continuously.
- (7) Add the mango chutney, taste and adjust the seasoning.
- (8) Pour the sauce over the chicken, add the spice bag, cover with a lid or foil.
- (9) Cook on shelf 2.

Rice

150 g (6 oz) pre-cooked long grain rice – this can be frozen

- (1) Place the rice in a dish and cover with foil.
- (2) Cook on shelf 5.

Chocolate Pudding

- 50 g (2 oz) butter
- 113 g (4 $\frac{1}{2}$ oz) caster sugar
- 1 egg
- 100 g (4 oz) fresh white breadcrumbs
- 50 g (2 oz) self raising flour
- 125 ml ($\frac{1}{4}$ pint) milk
- 50 g (2 oz) plain chocolate
- 25 g (1 oz) chopped nuts
- 25 g (1 oz) mixed peel

- (1) Cream the butter and sugar until light and fluffy.
- (2) Add the egg and beat well, fold in the flour and breadcrumbs.
- (3) Put the milk and chocolate into a saucepan and heat gently until the chocolate melts, allow to cool slightly and add to the creamed mixture.
- (4) Add the nuts and mixed peel, transfer to a 500 ml (1 pint) buttered dish and cover with foil.
- (5) Stand the dish on a pastry cutter inside a basin and pour boiling water into the basin so that it comes half way up the sides of the dish, enclose the dish and basin in foil.
- (6) Cook on shelf 5.

Menu 4

Easy Pâté

Lamb a l'orange – Baked potatoes

Rice Pudding

Cook using method A for 7½ hours

Easy Pâté

450 g (1 lb) sausagemeat
75 g (3 oz) fresh breadcrumbs
1 small onion – finely chopped
100 g (4 oz) mushrooms – finely chopped
2 eggs
125 ml (½ pint) tin of concentrated chicken soup
15 ml (1 tablespoon) dried parsley
salt and pepper
3 bay leaves

- (1) Place sausagemeat, breadcrumbs, onion and mushrooms in a bowl and mix thoroughly.
- (2) Beat eggs and soup together with seasoning and herbs, mix into the sausagemeat mixture.
- (3) Pack into a dish, arrange bay leaves on top. Cover with foil.
- (4) Stand the dish in a roasting tin with 5 cm (2") of cold water in, enclose the dish and the tin in foil sealing the edges well, so that no steam can escape.
- (5) Cook on shelf 5.
- (6) When cooked strain off excess fat and serve with toast.

Lamb a l'orange

1 large onion – chopped
675 g (1½ lb.) stewing lamb
30 ml (2 tablespoons) oil
30 ml (2 tablespoons) flour
500 ml (1 pint) stock
30 ml (2 tablespoons) redcurrant jelly
5 ml (1 teaspoon) dry mustard
Pinch of cayenne pepper
2 large oranges – grated rind and juice

- (1) Fry the onion and meat in the oil, transfer to a casserole.
- (2) Add the flour and fry for two minutes.
- (3) Add the stock and bring to the boil stirring continuously, add the remaining ingredients and pour over the lamb. Cover with a lid or foil.
- (4) Cook on shelf 2.

Baked Potatoes — 4 medium potatoes

- (1) Wash and scrub the potatoes, wrap each in a piece of cooking foil.
- (2) Cook on shelf 5.

Rice Pudding

50 g (2 oz) pudding rice
500 ml (1 pint) milk
25 g (1 oz) sugar
25 g (1 oz) butter
grated nutmeg

- (1) Put the rice into a basin and cover with boiling water, allow to stand for 30 minutes. Drain.
- (2) Place the rice, milk and sugar in a 750 ml (1½ pint) buttered dish.
- (3) Cut the remaining butter into small pieces and dot over the pudding.
- (4) Sprinkle with nutmeg.
- (5) Cook on shelf 5.

COOKING CHARTS

The following charts give guidance for when cooking a number of foods.
However for convenience (to accomodate an extra deep dish for instance) or to brown and cook food to your liking you may alter the shelf position or the gas mark.
Always leave at least one runner position between shelves to allow the heat to circulate properly.

MEAT ROASTING

Food	Gas Mark	Shelf Position	Cooking Time and Remarks
ROAST MEAT			
Beef	5	4	20 mins. per ½ kg (lb), 20 mins. over
Mutton and Lamb	5	4	25 mins. per ½ kg (lb), 25 mins. over
Pork and Veal	5	4	30 mins. per ½ kg (lb), 30 mins. over
			All joints of meat may be roasted at gas mark 7, and the cooking time adjusted accordingly.
ROAST POULTRY			
Chicken and Turkey	5 or 6	4 or 5	20 mins. per ½ kg (lb), 20 mins. over

For poultry weighing more than 3.5 kg (7 lb): – place in a suitably sized roasting tin – time allowed per kg should be decreased – extra care should be taken to ensure the poultry is thoroughly cooked – during cooking it may be necessary to drain off some of the juices to prevent spillage poultry should be positioned in such a way that it does not overhang the burner flame or touch the sides of the oven. If diagonal positioning is necessary ensure that the ‘neck end’ is towards the front of the oven.

OVEN COOKING

PUDDINGS				
Baked Sponge Puddings	4	3	According to recipe	
Baked Custards	4	3	45-60 mins.	Custards should be stood in a
Milk Puddings	2	3	2-3 hours	water bath whilst cooking
Yorkshire Puddings – large	7	2	30-35 mins.	
– individual	7	1 or 2	10-15 mins.	

OVEN COOKING continued

Food	Gas Mark	Shelf Position	Cooking Time and Remarks
PASTRY			
<i>Short Crust:</i> Fruit Pie in dish	6	3	To help pastry brown on underside, cook on a dull flat
Plate Tarts – Single	6	3	tinned plate, or providing plates
2 together in the oven	6	2 and 5	are flat and have no rim underneath, place on baking tray to cook.
Jam Tart – large	6	3	35-40 mins.
Jam Tartlets	6	3	50-55 mins. (Interchange after 35 mins.)
<i>Rough Puff or Flaky Pastry:</i> Meat Pies – cooked filling	7	2	25-30 mins. 15-20 mins. According to recipe
YEAST MIXTURES			
Bread – 0.45 kg (1 lb loaves)	7	2 and 5	According to recipe
– 0.90 kg (2 lb loaves)	7	2 and 5	Interchange during cooking
Rolls or Buns	7	1 or 2	
BISCUITS			
Brandy Snaps	4	2 and 4	Cook single trays near centre of oven (shelf 3 or 4).
Flapjacks	3	4	If two trays are cooked together, when the top tray is cooked, remove and raise the lower tray to the higher shelf to finish cooking.
Shortbread Biscuits	3 or 4	2 and 4	
Shortbread	3	3	
CAKES			
Very Rich Fruit Cake –			
Rich Fruit Cake	2	3	According to recipe
Plain Fruit Cake	4	3	According to recipe
Madeira Cake	3	3	Two 178 mm (7") or smaller cakes can be cooked on the same shelf (3 or 4) if placed diagonally on shelf. Larger cakes must be cooked on separate shelves.
Victoria Sandwich	4	2 and 4	20-35 mins.
Fatless Sponge	4	2 and 4	According to recipe
Small Cakes	5	1 and 4	15-25 mins.
SCONES			
Sweet or Savoury	7	1 and 3	8-15 mins.
			See Notes above on Biscuits.

OVEN TEMPERATURES

The following chart is intended to be helpful if using a gas oven for the first time or when using a recipe which says "cook at 350°F" or "use a moderately hot oven" etc. The temperatures quoted are only a guide they are not actual temperatures in the oven.

GAS MARK	APPROX. EQUIVALENT ELECTRIC OVEN SETTING	TEMPERATURE DESCRIPTION
1	275°F-300°F 140°C	Cool
2	300°F 150°C	Cool
3	325°F 160°C	Warm
4	350°F 180°C	Moderate
5	375°F 190°C	Fairly Hot
6	400°F 200°C	Hot
7	425°F 220°C	Hot
8	450°F 230°C	Very Hot
9	500°F 260°C	Very Hot

TO REMOVE THE INNER GLASS DOOR

Open the oven door. Using a 1p coin turn the screw, which is situated behind the door handle, in an anti-clockwise direction. Separate the door panels and lift the inner panel off its hinges.

After cleaning replace inner panel on hinges, hold panels together and tighten screw in a clockwise direction until locked.

THE INNER GLASS DOOR MUST BE IN POSITION WHEN THE OVEN IS IN USE.

Removal of the inner glass door enables easy cleaning.

CARE AND CLEANING

Do read through the following chart carefully. An unsuitable cleaning preparation can do more harm than good.

BEFORE DOING ANY EXTENSIVE CLEANING, SWITCH OFF AND DISCONNECT FROM THE ELECTRICITY SUPPLY AND ALLOW THE COOKER TO COOL.

After cleaning remember to re-connect the cooker to the electricity supply.

SURFACE AND PART OF COOKER	TREATMENT
GLASS (FIXED) Oven door Control panel Lid	Clean as for vitreous enamel but NEVER USE CAUSTIC OR SPRAY CLEANERS.
VITREOUS ENAMELLED (FIXED) Base of oven Doors Hotplate top Oven and grill compartments	Removable parts may be soaked in hot soapy water. Aluminium deposits from saucepans and other stains can be removed by using mild abrasives. NEVER USE BIOLOGICAL DETERGENTS.
VITREOUS ENAMELLED (REMOVABLE) * Grill pan (except handle and bracket) * Pan supports Burner heads	
CHROME PLATED (FIXED) Oven door catch Grill pan runners * Grill pan bracket Grill door hinges	Removable parts can be soaked to remove stubborn stains. Wash with hot soapy water, rinse and dry. Polish with a clean, soft duster. DO NOT USE ABRASIVES OR POLISHES.
CHROME PLATED (REMOVABLE) * Oven shelves	
PAINTED (FIXED) Cooker sides Grill door handle and trim (brown cooker only) Oven door trims (brown cooker only) Control panel trims (brown cooker only) Oven door knob (brown cooker only) Control knob insets	
PLASTIC (FIXED) * Grill pan handle Lid handle Oven door hinges Control knobs	

ALUMINIUM (REMOVABLE)

Burner bodies

Wash aluminium parts frequently in washing-up liquid properly diluted with hot water. Stubborn stains can be removed by soaking in hot water then scouring with a soap filled pad, such as Brillo.

**DO NOT USE WASHING SODA,
BICARBONATE OF SODA, CAUSTIC
PREPARATIONS OR SOAP POWDER.**

**If treated as described above the burner bodies
will remain presentably clean, however the
surface will dull with use.**

ANODISED ALUMINIUM (FIXED)

Appliance trims

Vent panel

Oven door trims (white cooker only)

Grill door handle and trim (white cooker only)

Control panel trims (white cooker only)

Anodised and lacquered aluminium parts must be washed only with hot soapy water, which should be rinsed off, dried and polished with a clean dry duster.

**ON NO ACCOUNT USE ANY POLISHES,
ABRASIVES OR CAUSTIC PREPARATIONS.**

LACQUERED ALUMINIUM (FIXED)

Door knob (white cooker only)

SPECIAL OVEN LININGS

See page 7

*Parts may be washed in a dishwasher.

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